

SPORTS NUTRITION

Course Code: 5759

This course enables students to examine the relationship between physical activity, proper nutrition, sports performance, and overall wellness. Students will learn not only how to prepare nutritious foods but also what and why foods are needed for healthy lifestyles and peak performance. This course will also strengthen health promotion and disease prevention through increased knowledge of nutrition and physical activity. Integration of the Family and Consumer Sciences student organization, Family Careers, and Community Leaders of America (FCCLA), greatly enhances this curriculum.

Objectives:

Students will:

1. analyze healthy physical activities and safe weight management.
2. describe proper nutrition, and how to avoid harmful habits.
3. plan menus that provide healthy food choices.
4. demonstrate food preparation techniques that promote wellness.

Credit:

½ -1

National Certification:

ServSafe Certification
Tourism and Hospitality Education Foundation
3612 Landmark Drive Suite B
Columbia, South Carolina 29204
<http://www.schospitality.org>

Recommended Grades:

9-12

Prerequisites:

none

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Textbook:

Glencoe/McGraw-Hill

Foundations of Personal Fitness

Grades 9-12

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Glencoe presents a well-designed text that provides a sound approach to wellness. The materials are very well organized and user friendly. The comprehensive text includes nutrition, cardio-respiratory endurance, muscular development and flexibility. Information particularly graphs and charts are based on solid medical evidence. A fitness component that includes nutritional references is attached to each unit. The text recommends a variety of approaches that tap all modalities, which addresses multiple intelligences. Higher order thinking skills are incorporated in lessons throughout the book. The size of the print, color variations and graphics make the text very appealing to students. The supplementary materials are designed to address the needs of all students including special needs populations and ESL. Software is included to enhance teacher productivity in lesson planning and assessment development.

Glencoe/McGraw-Hill

Nutrition and Wellness, 2nd Edition

Student Edition

Author:Duyff, Hasler

0078463327 09-12 2004 \$39.49

Nutrition and Wellness provides a total teaching package. It includes a broad range of food-related topics, including nutrition and wellness, consumer skills, safety, and food preparation techniques. The short stand-alone chapters feature colorful illustrations with short concise text. The nutrition first, then the preparation format of the book, lends itself to easy transition from one semester to the next. The teacher's resource binder contains detailed lesson plans, cooperative learning activities, meal planning and menu activities, handout masters, and transparencies.

Goodheart-Willcox Company

Nutrition, Food, and Fitness

Student Edition

Author:West

1566379334 09-12 2004 \$39.00

Nutrition, Food and Fitness is a comprehensive textbook that emphasizes the importance of healthful eating and regular physical activity. The text includes weight management, eating disorders, and global hunger in addition to consumer issues and careers.

<http://www.mysctextbooks.com/>

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High School Education: exercise/sports instructor leader, lifeguard, camp counselor, recreation worker

Postsecondary Education: dietetic assistant, physical therapy aide, activity therapy aide, certified nursing assistant, occupational therapy aide

Postgraduate Education: family and consumer sciences teacher, registered dietitian, athletic trainer, exercise scientist, nurse, health and fitness director, physical therapist, occupational therapist, corporate fitness specialist, coach

Standards Revision Committee:

Jane Black
Spring Valley High School

Patty Lewis
Pendergrass Fairwold School

Brenda Ferguson
Hillcrest Senior High School

Teresa Moore
University of South Carolina

Jean Gorthy
Aiken High School

Allison Norwood
South Carolina Department of Education

Bobby Henley
Mid Carolina High School

Jason Pluckett
YMCA Columbia Northwest

Heyward Hickman
South Carolina Department of Education

Billy Sloan
Midlands Center

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A. Sports Nutrition And Wellness Practices

1. Explain physical, emotional, social, psychological, spiritual, and cultural components of individual and family wellness and their impact on food choices.
2. Explore wellness goals for teens, including contemporary issues such as nutrition, exercise, stress management, and use of tobacco, alcohol, and other drugs.
3. Research factors that influence health and wellness—some controllable and some not—such as exercise, sports, nutrition, stress, genetics, work environments, and life events.
4. Assess the impact of daily choices and behaviors on health and wellness.
5. Demonstrate physical activities and explain how they can improve health and wellness.

B. Nutritional Needs Of Individuals And Families

1. Assess the effects of overall individual dietary choices on present and future health, appearance, and peak performance.
2. Research and describe how consumption of basic key nutrients during adolescence impacts quality of life, length of life, and sports.
3. Evaluate relationships among food choices, sports, and appropriate energy level to participate in various sports.
4. Research and create a plan to meet personal and family nutrition and wellness needs throughout the life cycle
5. Assess impacts of body image, diet fads, and eating disorders on sports nutrition and wellness.
6. Evaluate products and information related to sports nutrition, food fads and fallacies, and overall health and wellness.
7. Calculate caloric values of basic nutrients (fats, proteins, and carbohydrates).

C. Food Safety From Production to Consumption

1. Evaluate conditions and practices that promote safe food handling.
2. Distinguish between food borne illnesses as health issues for individuals and families.
3. Demonstrate safety and sanitation procedures when handling, preparing, storing, and serving food.

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D. Nutrition And Wellness Needs Of Individuals And Athletes

1. Apply USDA Dietary Guidelines, including the Food Guide Pyramid, in planning and preparing foods to meet nutrition and wellness needs.
2. Investigate food modifications made for athletes with nutritional challenges such as vegetarianism, diabetes, lactose intolerance, food allergies, and persons with special feeding needs.
3. Demonstrate procedures/methods used to select and prepare healthy foods.
4. Read food labels for nutritional content and make healthy choices when purchasing food.

E. Advertising and Sports Nutrition And Wellness Issues

1. Assess the impact of nutritional supplement advertising on sports nutrition and wellness.
2. Assess the impact of physical fitness advertising on sports nutrition and wellness.

F. Careers

1. Identify opportunities for employment and entrepreneurial endeavors related to sports nutrition and wellness.
2. Describe education and training requirements and opportunities for a variety of career paths related to sports nutrition and wellness.